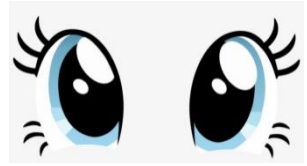


5 4 3 2 1...  
Grounding Technique

**FIVE** things you see around you. ...



**FOUR** things you can touch around you. ...



**THREE** things you hear. ...



**TWO** things you can smell. ...



**ONE** thing you can taste.

